Thunder-ing to a win

Regina's junior football club stunned the Edmonton Huskies with a come-from-behind 23-7 victory PAGE 2

ANOTHER ADVENTURE

KEANU REEVES AND ALEX WINTER ARE REPORTEDLY BACK AS BILL AND TED PAGE 8

REGINA metro®

Monday, August 13, 2012

News worth sharing.

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IT'S GAMES OVER NOW

Rosie MacLennan, right, who won a gold medal for Canada in trampoline, and trampolinist Karen Cockburn sit above the crowd as they celebrate with the Canadian Olympic team at the closing ceremony of the 2012 Summer Games in London on Sunday. More coverage, pages 3, 13 and 14. SEAN KILPATRICK/THE CANADIAN PRESS

'Workshops' unite folk fest artists

Collaborative performances at the Regina Folk Festival were 'so much fun' but also 'a bit of flying by the seat of your pants,' says one veteran musician PAGE 2

Twin quakes devastate

More than 250 residents were killed and 16,000 left homeless after powerful twin earthquakes hit northwestern Iran on Saturday, wiping out at least 20 villages PAGE 3

A dish worthy of the B-52s

Rock lobster tacos will have your guests clawing for more PAGE 11

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NEWS 1

Thunder strike it right on field in season home opener

Junior football league. Regina Thunder coach says he liked his team's 'blue-collar' attitude

JEFF MACKEY
jeff.mackey@metronews.ca

The Regina Thunder kicked off their Canadian Junior Football League season in fine form on Sunday when they took on the Edmonton Huskies.

Thanks to a second-half turnaround, the Thunder won the game by a margin of 23-7.

While the Thunder finished third in the Prairie Football Conference last year with a 5-3 record, the Huskies managed only a 1-7 record in the 2011 season.

The Huskies came in ready to play on Sunday and went into halftime leading 7-2 thanks to some solid kicking.

Thunder head coach Erwin Klempner must have said something inspiring during halftime because the Thunder turned it around when they took the field again.

"It was just patience, they threw a lot at us but we knew that with our young group it would take some time to get adjusted," said Klempner.

"In the second half we made some adjustments, saw what they were doing and calmed them down."

Klempner said he really liked his team's "blue-collar type of attitude" on the field Sunday.

"We don't have big stars or anything. In order to win we really need everyone to buy in," said Klempner.

"That is the type of team we are going to have to be this year."

Follow Jeff Mackey on Twitter @MetroJeffMackey

The score

23-7

The Regina Thunder won the game 23-7 over the Edmonton Huskies.

Thunder receiver Mitch Thompson, left, battles his way up the field during Sunday's home opener for Regina. JEFF MACKEY/METRO

Musicians unite at folk festival

Tony Dekker of Great Lake Swimmers lays down some serene folk tunes at the Regina Folk Festival on Saturday. JEFF MACKEY/METRO

Another Regina Folk Festival may be gone but this year's stellar lineup, standout performances and idyllic weather will not be forgotten.

The festival ran from Friday through Sunday, bringing together an eclectic group of acts including the Jim Cuddy Band, Austra, Arlo Guthrie, Emmylou Harris, and Stars and Shad.

According to organizers, the festival was close to being sold out every night.

Also of interest this year were the many collaborative performances that took place every day, which were free to the public. These "workshops" featured many of the festival's best talent, who left their comfort zones to try something new with fellow artists.

"Workshop was invented by a director of a folk festival in Canada, so it has kind of been part of it (folk festivals) since the beginning," said festival artistic director Sandra Butel.

"It puts them (the artist) in a vulnerable position but it is also always possible for something magical to go on."

Veteran folk artist Tony Dekker of Great Lake Swimmers added: "It is so much fun but it can also be a bit of flying by the seat of your pants.

"Especially here I've found the collaborative spirit is very strong and it produces really special and magical things."

JEFF MACKEY/METRO

Union

"A big part of this festival is to bring all those people together and create this great, big, utopian weekend."
Sandra Butel, festival artistic director

A lending hand

570

The festival is made possible by the efforts of approximately 570 volunteers.

Our Olympic athletes wrap it up

Mobile news

After 16 days of intense competition, it all came to an end yesterday. Scan the code to see highlights from the Olympic closing ceremony.

Kaylyn Kyle, left, and teammate Jonelle Filigno prior to the Olympic closing ceremony on Sunday in London. TWITTER.COM

The seven athletes representing Saskatchewan at the 2012 Olympics closed out the experience as the London Games came to end Sunday.

The list of athletes included: Brianne Theisen (heptathlon), Cory Niefer (10-metre air rifle, 50-metre rifle), Krista Phillips (basketball), Rueben Ross (synchronized diving), Kelly Parker and Kaylyn Kyle (soccer — bronze) and Rachel Viinberg (rowing — silver).

Kyle was actively tweeting prior to the Games' closing ceremony, catching some of the excitement of the event, as teammate Christine Sinclair had the honour of carrying the Canadian flag.

@KaylynKyle
Closing ceremonies here we COME!!!!! @JFiligno

@KaylynKyle
Spice girls!!!!! THAT JUST MADE MY LIFE!!!!

@KaylynKyle
Olympic torch!!!!!

METRO

Sturgeon Lake

Arrest made after pedestrian killed

RCMP have arrested a 31-year-old man in connection with a fatal vehicle accident on Sturgeon Lake First Nation. Parkland Ambulance were called to the scene at approximately 10 p.m. Saturday, where a 20-year-old victim — a pedestrian who had been hit by a car —was pronounced dead. Police say alcohol may have been a factor. METRO

Matehuala

Gunmen kill Mexican mayor-elect

Police say gunmen have shot down Matehuala mayor-elect Edgar Morales Perez and a campaign adviser in Mexico while they were returning from a party early Sunday. THE ASSOCIATED PRESS

Egypt

Morsi shakes up military brass

Egypt's Islamist president Mohammed Morsi ordered the retirement of the defence minister and chief of staff Sunday and cancelled the military-declared constitutional amendments that granted top generals wide powers. THE ASSOCIATED PRESS

Sami Anan, Egyptian armed forces chief of staff THE ASSOCIATED PRESS

Persian Gulf

Navy ship collides with oil tanker

A U.S. navy-guided missile destroyer was left with a gaping hole on one side after it collided with an oil tanker early Sunday just outside the strategic Strait of Hormuz. No one was injured on either vessel.
THE ASSOCIATED PRESS

Poland

Man questioned in Auschwitz theft

A 66-year-old Italian man has been released without being charged after he was questioned over the alleged theft of a piece of barbed wire from Auschwitz museum, Polish police said Sunday.
THE ASSOCIATED PRESS

Caribbean

Rains flood Dominica airport

Rains from a passing tropical wave have flooded an airport and knocked out power to roughly 3,000 people on the eastern Caribbean island of Dominica Sunday.
THE ASSOCIATED PRESS

Residents describe terror and panic as quakes hit Iran

A victim of Saturday's earthquake makes her way on the ruins of buildings in a village near the city of Varzaqan in northwestern Iran, Sunday.
MAHSA JAMALI/MEHR NEWS AGENCY/THE ASSOCIATED PRESS

Heavy toll. Searches for survivors called off with more than 250 dead, 16,000 left homeless

Residents of the zone in northwestern Iran hit by powerful twin earthquakes described moments of terror and panic with birds crowing loudly in warning seconds before the ground shook.

As the death toll rose Sunday to more than 250 with entire villages levelled, rescuers called off searches for survivors and turned their attention to caring for the 16,000 people left homeless.

At least 20 villages were totally destroyed in the quakes on Saturday that were followed by some 36 aftershocks, state television reported. Ahmad Reza Shajiei, a senior government official in charge of rescue operations, said more than 5,000 tents have been set up to shelter the thousands of displaced who spent the night outdoors.

"The walls were shaking and moving from side to side. It took about a minute before I could run out of the house," said resident Morteza Javid, 47, from Ahar. "Seconds before the earthquake, crows were making a lot of noise, but I didn't understand why. It was only after the quake that I learned the crows were warning us."

State television said at least 250 died. The semiofficial Mehr news agency quoted a local official who put the toll at 277. State TV said 44,000 food packages and thousands of blankets have been distributed in the stricken area.

The U.S. Geological Survey (USGS) reported that Saturday's first quake was magnitude 6.4 and struck 60 kilometres northeast of the city of Tabriz at a depth of 9.9 kilometres. State TV quoted local Crisis Committee chief Khalil Saei as saying the epicentre was a region between the towns of Ahar and Haris, about 600 kilometres northwest of Tehran.

The second quake was a magnitude 6.3 and struck 11 minutes later, the USGS reported. Its epicentre was 50 kilometres northeast of Tabriz at a depth of 9.8 kilometres.
THE ASSOCIATED PRESS

Quoted

"The moment the earthquake hit, it was like a snake biting from underground."
Morteza Javid, from the town of Ahar

U.S. health experts target guns as social disease

Is a gun like a virus, a car, tobacco or alcohol? Yes say public-health experts, who in the wake of recent mass shootings in the U.S. are calling for a fresh look at gun violence as a social disease.

What is needed, they say, is a public-health approach to the problem, like the highway safety measures, product changes and driving laws that slashed deaths from car crashes decades ago, even as the number of vehicles on the road rose.

The need for a new approach crystallized last Sunday for one of the nation's leading gun violence experts, Dr. Stephen Hargarten.

Epidemic?

About 260 million to 300 million firearms are owned by civilians in the United States; about one-third of American homes have one.

- Guns are used in two-thirds of homicides, according to the FBI.

He found himself treating victims of the Sikh temple shootings at the emergency department he heads in Milwaukee, Wis.

Seven people were killed, including the gunman, and three were seriously injured.

It happened two weeks after the shooting that killed 12 people and injured 58 at a movie theatre in Colorado, and two days before a man pleaded guilty to killing six people and wounding 13, including then-U.S. Rep. Gabrielle Giffords, in Tucson, Ariz., last year.

"What I'm struggling with is, is this the new social norm? This is what we're going to have to live with if we have more personal access to firearms," said Hargarten, emergency medicine chief at Froedtert Hospital and director of the Injury Research Center at the Medical College of Wisconsin.

"We have a public-health issue to discuss. Do we wait for the next outbreak or is there something we can do to prevent it?"

More than 73,000 emergency room visits in 2010 were for firearm-related injuries, the federal Centers for Disease Control and Prevention estimates.
THE ASSOCIATED PRESS

Messages of support from around the U.S. are seen on walls inside the Sikh Temple of Wisconsin in Oak Creek on Sunday. More than 100 people gathered for the first Sunday prayer service since a white supremacist shot and killed six people there before fatally shooting himself. JEFFREY PHELPS/THE ASSOCIATED PRESS

Retired Mountie. Man faces murder charge after peace officer killed

RCMP have charged a man with first-degree murder in connection with the death of a retired Mountie who was working as a peace officer in a small community south of Calgary.

Police say Trevor Kloschinsky, 46, makes his first court appearance Monday morning in Calgary to face the charge.

Rod Lazenby died Friday after he responded to what police describe as a dog-related call at Kloschinsky's home in Priddis, Alta., RCMP Insp. Garrett Woolsey said Saturday.

RCMP Insp. Garrett Woolsey at a news conference Saturday. LARRY MACDOUGAL/THE CANADIAN PRESS

Lazenby of High River, Alta., worked for the Municipal District of Foothills. He was a Mountie for 35 years before retiring in 2006.

News stories from 2002 said Lazenby was part of an elaborate sting operation in Ottawa where officers posed as Italian mobsters to try to get a suspect to confess to murder.

In news reports covering the trial, Lazenby described in court how he portrayed Rod Calabria, the ruthless head of an organized crime group, by faking an Italian accent and pretending to lead a lavish lifestyle.

RCMP would give few details except to indicate that no shots were fired. He left behind a daughter and wife.

"This is the type of incident that affects everybody engaged in law enforcement," the inspector said at a Calgary press conference.

THE CANADIAN PRESS

Study. Those who go without meals to drink more prone to risk-taking

So-called "drunkorexics" are more likely to engage in unprotected sex and excessive drinking than their peers, says a B.C. university researcher.

Simon Fraser University graduate student Daniella Siekaran asked 227 York University students about their eating and drinking habits and found that 40 per cent of those who drink alcohol also diet.

The phenomenon, called "drunkorexia," sees mostly women in their early 20s skipping meals so they can drink heavily without gaining weight.

It has been popular among some young people since the late '90s — the term was coined in 2010. Drunkorexics were more likely to have unprotected sex or alcohol poisoning, the study found.

Although excessive drinking has been prevalent among university students for years, Siekaran said societal pressures are causing students to be more concerned about counting the calories in their mojitos.

"Of course, everyone's concerned about the freshman 15," she said, referencing the idea that university students typically put on 15 pounds in their first year.

Risky behaviour

"I think just the society we're living in now – it's just so weight-focused."

Researcher Daniella Siekaran

ELIZABETH HAMES/ FOR METRO IN VANCOUVER

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Museum tortoise in Halifax gets help celebrating his 90th

A young crowd surrounds Gus the tortoise as he takes a walk on the lawn of the Museum of Natural History in Halifax during his 90th birthday celebration on Sunday. Cake and lemonade was provided to the kids. Gus got organic blueberries and strawberries. Museum staff say Gus may be the oldest living gopher tortoise; they suggest he hatched between 1920 to 1925.

THE CANADIAN PRESS

Shoot a labour of love for Chow

CBC TV movie. MP Olivia Chow has been meeting with the cast working on a movie about late NDP chief Jack Layton

SHANE GIBSON
Metro in Winnipeg

She knew Jack Layton better than anyone else in the world, and this past weekend Olivia Chow was in Winnipeg to visit those involved in a movie being filmed about Layton's life.

"Some parts of it are painful and some parts are joyous," said Chow on set at the Manitoba Legislative Building Sunday, which is doubling as the House of Commons for Smilin' Jack: The Jack Layton Story.

"It's the story of an ordinary person being able to … make a bit of difference in the everyday life of people.

"I think it's a story that needs to be told," said Chow.

The Toronto MP has spent time in Winnipeg watching the filming process and meeting the cast, including Sook-Yin Lee, who is portraying her, and Rick Roberts, who's taking on the role of her late husband.

Chow said she worked closely with the writer, producers and director of the movie set to air on CBC next year.

She even met with Lee and Roberts to help coach them on their roles. Chow also lent personal items of Layton's, including the cane he carried throughout last year's federal election campaign.

"So it could be as authentic as possible," she explained, adding with a chuckle that Roberts' mustache is his own.

Some scenes will be easier to watch than others, said Chow, admitting a hospital scene at the end of Layton's life, set to be shot Monday, will be emotional.

"I dread tomorrow," she said. "I don't know how I will handle that. It will be probably be pretty traumatic."

Sook-Yin Lee, left, meets Olivia Chow during filming. SHANE GIBSON/METRO

Smilin' Jack: The Jack Layton Story

"It was difficult but I welcomed it. I want Jack's spirit of hope and optimism to continue."

MP Olivia Chow, speaking with Metro while visiting the set of a CBC TV movie being filmed in Winnipeg about her late husband's life. Chow helped the cast and producers.

Follow Shane Gibson on Twitter @tsgibson

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English banks could learn from Olympic athletes: BoE governor

Sporting spirit. Mervyn King suggests Britain's financial sector would do well to borrow from London 2012's playbook

Britain's scandal-tainted bankers could learn a thing or two from the country's athletes after these Olympics, the country's central banker says.

In a newspaper editorial Sunday, Mervyn King wrote that the London Olympics showed it was wrong to argue that massive bonuses were needed to motivate people to do well.

King said the success of Olympians and the pride of the 10,000 volunteers at the Games showed that "motivation does not come from financial incentives alone."

"The financial sector has done us all a disservice in promoting the belief that massive financial compensation is necessary to motivate individuals," he wrote in the Mail on Sunday.

"Look at the success of the volunteers whose presence at the Olympic Park and around London did so much to create the atmosphere of happiness that pervaded the games."

The recent scandals that have rocked Britain's financial world showed that "banks could learn a thing or two about fair play from the Olympic movement," he said.

King's comments come as the reputation of Britain's banking industry — which took a body blow during the global financial crisis — has hit new a low.

British banks have long been in the dock over misselling of insurance and interest-rate products to consumers and small businesses. But more recent scandals have provided new shocks.

Last month Barclays was forced to pay a $453-million US fine for manipulating a key market interest rate.

Quoted

"Banks could learn a thing or two about fair play from the Olympic movement."

Mervyn King, Bank of England governor

HSBC, another big London-based bank, faces fines of up to $1 billion after the U.S. Senate issued a damning report alleging it had failed to stop the laundering of Mexican drug money.

Back in May, JPMorgan Chase & Co. disclosed a surprise $2-billion trading loss — later upgraded to nearly $6 billion — racked up by its London office.

Most recent were allegations that U.K. bank Standard Chartered had spent years laundering Iranian oil money.

Olympic volunteers like Samuel Head, seen here helping with crowd control on Friday in London, show England's banks that "motivation does not come from financial incentives alone," said Bank of England governor Mervyn King.

JEFF J. MITCHELL/GETTY IMAGES

King isn't the first to argue that British Olympians — who are basking in the glow of a huge haul of gold medals — could set an example for other sections of society.

England manager Roy Hodgson said Saturday he wanted the country's soccer players to behave more like Olympians, underscoring fans' unhappiness with a "season of shame" marred by two high-profile racism cases. THE ASSOCIATED PRESS

WHEAT BOARD NO LONGER REAPS WHAT IS SOWN

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

Attention Urban Compass readers.

The biggest farm story of the last two centuries is unfolding.

In case you're wondering why this is a matter for Urban Compass, it's more than a farm story — it's the story of Canada. We've just crossed an enormous line and our future course is set. Now all we can do is see what happens.

I can't believe I'm writing the obituary of the Canadian Wheat Board. I never thought it would happen. It was the first story I covered on my first job as a journalist back in 1975.

Since it was established in the depths of the Dirty Thirties, the wheat board defined your world view as a farmer. It was passed down from one generation to another. Or it created a generation gap: Board dad versus free-market son.

Was it better to send your wheat and barley to the board and wait for the cheque that would sustain you through the winter, allow you to invest in new seed and equipment, and go at it all over again in the spring? Or was it better to take your chances with the private grain companies, seek out the best markets and then grow the most competitive varieties?

Defining generations

"Established in the depths of the Dirty Thirties, the wheat board defined your world view as a farmer."

The debate was hot and heavy in 1975, and now, 37 years later, it's hotter than ever. Ending the wheat-board monopoly, effective Aug. 1, is really the most radical thing the Harper Tories have done, never mind sideshows like the gun registry or the omnibus crime bill. This is the real thing. Real Change.

Of course, despite the historic load of CO2 released into the atmosphere as a result of this debate, nobody knows what's going to happen. Either this will have as much or more impact on Prairie life as rail-branch line abandonment or it will pass into history unnoticed by everyone who doesn't produce wheat or barley for a living.

Certainly, for farmers who are about to reap what promises to be a bumper crop at record prices, the loss of certainty is less important than it was during those times when the crops were wiped out or they couldn't give their wheat away. That cheque, sometimes smaller than expected, has always been there.

Not anymore.

As farmers don't know the meaning of the word "quit," eight of the farmer-elected board members threaten to take the Tories' decision all the way to the Supreme Court. Who knows? Maybe it is unconstitutional to put a bullet through the head of the wheat board. But I doubt it. By the time the nation's highest court renders a decision, the nation's bread basket will have been permanently altered and that epic page will have been turned for good — or not.

Ripe for the picking: A bumper wheat crop. CHRISTOPHER FURLONG/GETTY IMAGES

What a little Barry White can do

GARETH FULLER, PA/THE ASSOCIATED PRESS

Flamingo babe

Sexy crooner aids breeding birds

A two-week-old unsexed Chilean flamingo is encouraged from its nest by its mother Gabriella, centre, as its father Maurice stands guard at Drusillas Park in Alfriston, southeast England, on Friday.

Earlier in the year, Barry White songs were played to the birds to encourage breeding.

THE ASSOCIATED PRESS

The mating game

- Chilean flamingos live in large flocks in the wild and require crowded conditions to stimulate breeding.
- During breeding season, males and females display a variety of behaviours to attract mates, including head flagging — swivelling their heads from side-to-side in tandem — and wing salutes, where the wings are repeatedly opened and closed.
- Males and females co-operate in building a pillar-shaped mud nest, and both incubate the egg laid by the female.

- Upon birth, the chicks have gray plumage; they don't gain adult coloration for two to three years.
- Both male and female flamingos can produce a nutritious milk-like substance in their crop gland to feed their young.

Source: Lincoln Park Zoo

With a leg to stand on

1

The Chilean flamingo often stands on one leg, tucking the other beneath its body to preserve body heat.

With tall, thin legs and a long, flexible neck, the Chilean flamingo can reach up to 40 inches in height.

What appears to be the bird's knee is actually its ankle — the joint bends backward rather than forward.

Regina doctoral student goes to bat for misunderstood winged species

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Joe Poissant is sending up the bat signal.

No, he's not summoning a caped crusader. The University of Regina doctoral student is tracking brown-bat colonies in various cities throughout the American Midwest.

His next stop: Amarillo, Texas. And that famed southern hospitality has been travelling with him, as local newspapers typically position Poissant, "the bat man," in stories to solicit bat-sighting tips from local residents (urban bats often nest in old brick buildings).

He's studying the migration patterns of the misunderstood species.

"Most people don't like bats and try to kill them," he says.

Poissant's goal is twofold: To encourage repopulation of the winged creatures in areas where their numbers have dwindled, and to help city dwellers understand the benefits of urban bats, which serve as natural insect repellents.

We could certainly use that here. Come home soon, bat man! CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

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SCENE 2

All stunts, no doubles as these stars earn their stripes

Boot camp reality.
Celebrity recruits are put to the test in new TV series that has them competing in army-style events against seasoned pros

Starting this week, you can watch actors and actresses leap from buildings and battle armies of invaders, emerging victorious and unscathed. Viewers may chalk it all up to stunt men and women and digital special effects. Today's pampered celebrities wouldn't survive five minutes in a real combat zone, right?

Take that back, soldier. Eight celebrities set out to prove that they really do have what it takes to be real-life responders in the boot camp reality series Stars Earn Stripes (premiering Monday at 8 p.m. ET on NBC, 9 p.m. on Global).

The celebrity recruits were on hand to meet the press at the recent TV critics tour in Los Angeles, including boxer Laila Ali; former TV Superman Dean Cain; actor and former NFLer Terry Crews (now on The Newsroom); The Sing Off host Nick Lachey; Alaskan outdoorsman and political spouse Todd Palin; Biggest Loser trainer Dolvett Quince; former Winter Olympian Picabo Street; and WWE diva Eve Torres.

Posters for the series, showing the gun-toting celebs running next to the slogan, They're Not in Hollywood Anymore, give it a Tropic Thunder vibe.

Jack Osbourne was apparently hoping to earn his "Stripes" until news emerged that he was diagnosed with multiple sclerosis. Executive producer David Hurwitz admits Osbourne was in talks to join the series but "prior to us making our decision, it was found out that the rigours of the show were too intense for him." Mom Sharon disagrees and has announced that she is leaving NBC' America's Got Talent as a result.

A few of the celebrities who made the cut almost wished they hadn't. The series was shot over a few weeks at the beginning of this summer. The eight celebs had to compete in actual army-style events against eight real life Special Operatives, including former Navy SEALs, army special forces Green Berets, SWAT commanders and a current member of the Orange County sheriff's department. "I thought this was going to be the same old corny military show where they've got the obstacle courses and BB guns," says former Navy SEAL Grady Powell.

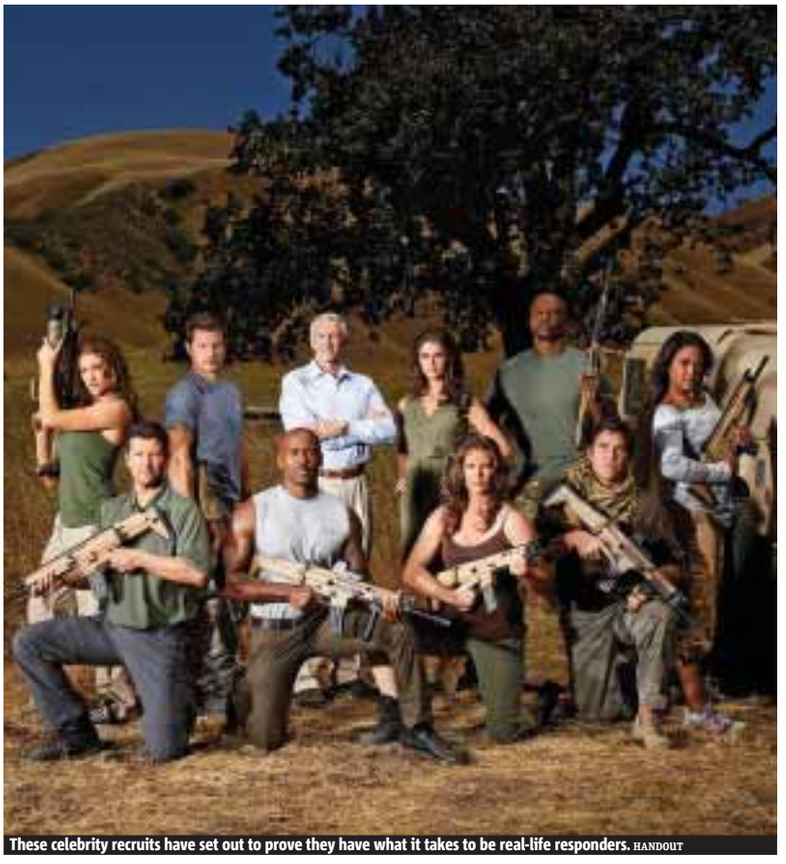
"That was the farthest thing from Stars Earn Stripes. We're jumping out of helicopters. There are people crying. Might see me cry."

"There was a moment," adds Lachey, "when going through my mind is, 'What in the world have I gotten myself into here?'"

"I can say I almost drowned, and that is for real," says Crews. He felt one of the Ops grab him from the back of his pack and haul him out of a river as he was going down for the third time.

"If this had been a real, live operation, I would have died. That is the truth."

THE CANADIAN PRESS


These celebrity recruits have set out to prove they have what it takes to be real-life responders. HANDOUT

What about Sarah?

Todd Palin, Sarah Palin's husband, is used to hanging out in the shadows when it comes to the spotlight. But for Stars Earn Stripes, Sarah says she's happy to hand over centre stage to Todd. Todd is a "world champion snow machine racer, he's got all the physicality that's required, a lot of mental toughness too," said the former Alaska governor. "I'd have to do a whole lot of push ups," she said, adding "politics are pretty brutal, too."

Another excellent adventure in the works?

Third Bill & Ted film.
Reports say Keanu Reeves and Alex Winter will reprise their roles as a pair of dim metal heads

CASSANDRA GARRISON
Metro World News in New York

In most excellent news, fans of Bill & Ted could be in for a highly-anticipated treat: a third film starring its original cast of Keanu Reeves and Alex Winter. Looks like the rumours are true, dudes!

Vulture reports there are plans in the works for a second sequel, which would follow Bill and Ted into their current lives since their last adventures together in Bill & Ted's Bogus Journey back in 1991. Think Hot Tub Time-Machine, only more bodacious.

MGM Pictures owns the rights to Bill & Ted, but another studio could come on board as a co-financier.

It would be the first time Keanu Reeves and Alex Winter have appeared together on screen since 1991.

What have these two dudes been up to since then? Reeves enjoyed plenty of success after his stint as Ted, going on to star in mega blockbusters like Speed, The Matrix and Something's Gotta Give.

He's already slated for more work well into 2013 as 47 Ronin and Man of Tai Chi are set to be released.

Winter, on the other hand, has not enjoyed as much success after playing Bill.

In fact, he hasn't worked in TV or film since 2009, according to IMDB, so it's no surprise that he's willing and ready for a Bill & Ted comeback.

Winter starred in the movie Freaked in 1993, but after that things started to slow down for him.

Some voice work in a series called Saul of the Mole Men and a few TV movies later, and Winter dropped off the map.

However, he's been on board for the Bill & Ted follow up for quite some time.

He first commented on the rumours back in March, telling MTV, "I think the reality is there probably will be another one."

Bill & Ted fans everywhere are hoping it's true.

Will Bill and Ted return to remind us to be excellent to each other? HANDOUT

On the web

American Idol winner Phillip Phillips received Olympic exposure with debut single Home

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie and Brad Pitt. ALL PHOTOS GETTY IMAGES

Pitt and Jolie spark much ado about nothing

Rumors raged this weekend that a party Brad Pitt and Angelina Jolie were throwing for Pitt's parents' anniversary at their French estate was actually a cover for the famous couple's wedding, with the Sun even confirming a guest list of about 20 people — including Jolie's jeweler.

But not only was there no wedding, there apparently wasn't even a party for the elder Pitts, according to photo agency X17.

"We sent an X17 photographer all the way down to the south of France — it's pretty much in the middle of nowhere — to check out Brad Pitt and Angelina Jolie's chateau Miraval to see just what's going on," the agency gripes on its site about the move.

"There's nothing going on."

Anna Faris.

Friends of Faris promoting her parent skills

Anna Faris and Chris Pratt are looking forward to the arrival of their first child this fall, a friend tells Us Weekly.

"They planned for this baby, and now seemed as good of a time as ever," the source says. "They really will be the best parents."

And if Faris' pregnancy is any indication, motherhood will be a piece of cake.

"Maybe it's just her energy, but she hasn't been having trouble with the pregnancy at all," the pal says.

The Word

Perry pairing up with Mayer

THE WORD
Amber Ray
scene@metronews.ca

It looks like Katy Perry's got a type... tall, dark and grungy. After splitting with hubby Russell Brand last year, the Wide Awake singer now seems to be getting cosy with another member of the shower-averse club: John Mayer.

The two, who shared a dinner date earlier this month and have been spotted around Hollywood since, were recently snapped leaving a house party in Los Feliz, Calif., over the weekend, TMZ reports.

So is the Hollywood playboy who's been linked to a slew of A-list ladies, including Jennifer Aniston, Jessica Simpson and Taylor Swift, Perry's new knight in shining armor?

"She's not talking like he's 'the one,'" a pal of Perry's tells People magazine. "She's comfortable around guys who understand the craziness of that world, which he definitely does."

If Perry has indeed found a man who understands her kind of world a technicolour dreamland with purple wigs and whipped-cream-spewing bras we can't help but wonder what John Mayer really has been putting in his pipe all these years.

Lindsay Lohan

Lohan looking loco once again

Lindsay Lohan's bad behaviour at a recent birthday bash for pal Francesca Eastwood have friends scratching their heads — and worried the old Lohan is back, according to Us Weekly.

"Francesca was celebrating with around a dozen friends in a private area when Lindsay came over and started screaming that Francesca should leave," a source says.

"She was yelling, 'I'm a star, she's a nobody, get her out of here!'"

Security asked Lohan and her entourage to leave. But the birthday girl wasn't fazed by the display and was even nice about it.

"I'm not sure what exactly sparked Lindsay's outburst," Eastwood tells E! News. "Regardless, I still had an amazing night, and Parent Trap is still my favourite movie."

Jada Pinkett Smith

Smith smacks down divorce rumours

Jada Pinkett Smith is working hard to shake the ongoing rumors that she and Will Smith are splitting up.

"We're not getting a divorce," she tells Essence magazine. "Where am I going to go? That's my boo. It's like he's another part of me."

The rumors began cropping up earlier this year, and the couple's multiple denials have done little to quash them.

Twitter

@usainbolt
Thanks to all my real fans and people who believe in me. I am now a living legend that's for sure.

@ryanlochte
Finally going to be able to go on the double decker bus and get a tour of London. So excited. #Jeah

@TomDaley1994
Let the madness begin!!!

@serenawilliams
Gold Medal!!!! I can't believe it. I got the singles gold!!!!!! I'm gonna sleep in it tonight!

Arts and Crafts

Tie-dye without all the mess!

The kids will love these T-shirts you can make together. All you need is: Sharpie permanent markers, isopropyl rubbing alcohol, a medicine dropper and a cotton T-shirt.

1. Slide T-shirts onto cardboard so the ink won't bleed through to the back.
2. Draw your design. Go crazy!
3. Using the medicine dropper, squeeze out 10 drops of rubbing alcohol in the centre of your picture. Depending on the size of the image, you'll need about 10 drops and you can adjust as you go.
4. Let dry (we used a hair dryer to dry them more quickly).
5. Wear your amazing art.

SHARON DEVELLIS

Make a tie-dye T-shirt with Sharpies. ISTOCK

Numbers before bed

Math Lessons

New Jersey mom Laura Overdeck has devised a blog called Bedtime Math (bedtimemathproblem.org), which challenges kids to tackle a math problem before bed. The site offers a no-pressure approach to sharpening up numeracy skills. YUMMYMUMMYCLUB.CA

On the Web

Grandma is aghast that Mommy put you in a skull-and-crossbones onesie. It's not a gateway to gang membership — it was from Baby Gap! Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

What makes a mommy?

Parenting. One foster mom shares her thoughts on the coveted 'mom' title

KAREN ELLIOTT
YummyMummyClub.ca

Should children call their foster parents 'mom' and 'dad'? ISTOCK

"So, you're not her REAL mother." I had to breathe deeply as I turned and walked away, with two-year-old Allie in tow.

I did not give birth to Allie. I'm her foster mother. I am the one who feeds her and clothes her; the one who gets up with her at night when she can't sleep; the one who cleans up spilled milk and crayon wall art — every single day.

And, yet, despite this, I'm not allowed to cut her hair, take her on vacation, sign school permission forms without signed letters of approval. I'm not her legal guardian — or even considered her parent.

So, who am I?

Every 90 days, I meet with Children's Aid and Allie's biological mother to discuss the type of care that I am providing.

I have to listen to this woman — who has never been a parent since Allie went straight to foster care at birth — and her wishes about how her child needs to be fed, clothed and parented.

How I need to take her to a specific doctor, in another neighbourhood, an hour away, for checkups. How I need to go to a specific church on Sundays. How I have to dress her in pink more, so people don't think she's a boy.

And how I have to encourage her to call me something other than "Mommy."

Allie's biological mother has never been with her daughter for more than two hours at a time — and only in an office where she is closely supervised.

"Mom" has never taken Allie to the park, given her a bath or put her to bed.

I'm the one teaching manners, surviving potty training and enforcing timeouts for bad behaviour.

Maybe one day, Allie will be able to return to her biological mother, but until that happens, I am the one who is parenting this little girl.

And until that time, "Mommy" is the only title I can see that fits.

And why wouldn't it? My own children call me mommy daily, why would I expect my foster children to call me something different?

No one in our house is treated differently. Everyone gets the same love and attention, eats the same food, and shares the same toys.

Last week, I drove Allie to the Children's Aid office for her regular visit and a social worker walked Allie to the front door where her biological mom was waiting. I heard the worker say, "Look! It's mommy!" and then I saw Allie turn around, point to me and announce firmly, "DAT'S my mommy." I had to smile.

Raising a child is what makes you a parent. It has nothing to do with the uterus you came from.

Books that will have them laughing out loud

RUTH SPIVAK
YummyMummyClub.ca

"Well, there ain't no cure for the summertime blues," goes the song. I beg to differ! Now may be the perfect time to cheer up with a funny book. I love to cuddle up and share some laughs with the kids.

Ages 3 and up

Don't Let the Pigeon Drive the Bus by Mo Willems. Parents and kids can't help but dialogue with the pigeon when he begs to drive the bus. If you can't always say no to your child, say no to the pigeon!

Ages 6 and up

You're A Bad Man, Mr. Gum! by Andy Stanton. Mr. Gum is a stinky, gross man who is mean to children. Luckily for the town of Lamonic Bibber, an angel whacks him on the head with a frying pan every time he neglects his garden. A cast of odd characters and questionable heroes round out this zany book. Check out the other books in this series.

Ages 9 and up

Series of Unfortunate Events by Lemony Snicket. This is great for kids who like their humour dark! "If you are interested in stories with happy endings, you would be better off reading some other book," cautions Snicket. Indeed, very bad things happen to the Baudelaire children, but Snicket's tongue-in-cheek mock-gothic style make for some hilarious moments.

Ages 12 and up

The Princess Bride by William Goldman. This witty satire on a fantasy novel ironically owes its appeal to splendidly rendered elements of the fantasy genre: sword fights, a princess in distress, a handsome prince, and a stupid/evil villain. Teens will appreciate the author's jabs at fairytale love and the not-so-happily-ever-after reality of romantic love. I highly recommend the movie as a perfect pairing.

On the Web

Grandma is driving Mommy crazy. Scan this code or visit metronews.ca/voices to find out why.

Wow guests with restaurant-style Rock Lobster Tacos

Bring professional chef-style creativity and taste to your kitchen with this chic take on fish tacos. They're the perfect small bite for your next summer soiree.

For an extra kick, add diced jalapeno peppers.

Ingredients

- 4 rock lobster tails, cooked
- 500 ml (2 cups) cubed watermelon (cut into 1-cm/1/2-inch pieces)
- 2 avocados, peeled and cut into 1-cm (1/2-inch) thick pieces
- 2 papayas, cut into 1-cm (1/2-inch) cubes
- 125 ml (1/2 cup) fresh coarsely chopped cilantro
- 125 ml (1/2 cup) fresh lime juice
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) jerk seasoning
- Salt and pepper, to taste
- 8 to 10 taco shells
- 1 head iceberg lettuce
- 30 g (1 oz) shredded coconut

This recipe makes eight to 10 servings. THE CANADIAN PRESS H/O

1. Cut lobster tails in half lengthwise (remove vein) and cut into 1-cm (1/2-inch) thick pieces.

2. Combine lobster with watermelon, avocados, papayas and cilantro.

3. Pour lime juice into a small bowl and slowly whisk in honey and jerk seasoning. Pour over lobster mixture and refrigerate for 1 hour, stirring occasionally.

4. Divide lobster mixture among 8 to 10 taco shells and garnish with lettuce and coconut. THE CANADIAN PRESS/ NATIONAL WATERMELON PROMOTION BOARD, WATERMELON.ORG

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Tim Hortons' chilled drinks are a Canadian staple during the summer. However, what they're made with makes all the difference.

Medium mocha Iced Capp made with cream (14 oz)

410 calories / 16 g fat
Liquid calories are one of the culprits in excess weight and type 2 diabetes.

Equivalent

This iced drink is equivalent to almost an 8 oz. New York Strip in calories.

Medium Iced Capp made with chocolate milk (14 oz)

230 calories / 1 g fat
The chocolate milk eliminates the calories from the cream.

Fashion designer Diane Kroe is enjoying her success more after altering her lifestyle and priorities. DIANEKROE.COM

Designer Diane Kroe feels richer after she redefined 'successful'

New plan. Giving up just one part of her fashion business allowed her more time for family, other important parts of life

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Diane Kroe was a reluctant ballerina. At the age of 7 she was accepted into a prestigious ballet school but she found herself more excited about the costumes than dancing.

Kroe followed her heart and after a remarkable rise through the fashion world, she became an in-demand clothing designer with her own retail store.

She seemed to have it all but when a close friend was diagnosed with brain cancer, Kroe took stock of her own life.

"I sat there and thought, 'I'm so busy I can't even take my kids to Disneyland.'"

Diane did some soul searching and then came up with a new plan. She gave up her store and began hosting fashion trunk shows across Canada.

She will expand internationally soon with online shopping.

Becoming automated and hiring the right people are the keys to her new success.

"I think a lot of entrepreneurs are stuck being in control of everything. Find the right people, train them and then let go. I can't believe I wasn't doing this 10 years ago."

Designing success

Fashion designer Diane Kroe had five pieces of advice for entrepreneurs to help them enjoy their success more:

1. Define what success means to you and use it as the foundation for your business.

2. Always focus your energy on the product/service you offer that brings you the largest profit margin and let everything else come to you.

3. Automate your business as much as possible and give yourself the freedom to enjoy your success.

4. Finance as much as you can on your credit card, pay it off on time while building your credit and make sure to collect all the travel miles to cover your travel expenses. (This trick saves me thousands of dollars every year on interest and travel.)

5. Never stop learning and growing ... you and your business must change and evolve with the world around you.

SPORTS 4

Rory McIlroy of Northern Ireland celebrates after putting on the 18th green on Sunday at Kiawah Island, S.C. ANDREW REDINGTON/GETTY IMAGES

McIlroy tears one-hit wonder tag asunder

Golf. Irish star, 22, claims second major title with dominant win at PGA championship

Right down to his red shirt, Rory McIlroy looked every bit the part of golf's next star in another commanding performance at the PGA Championship.

McIlroy validated his record-setting U.S. Open win last year by blowing away the field Sunday at Kiawah Island in South Carolina. One last birdie from 25 feet on the 18th hole gave him a six-under 66 for an eight-shot victory, breaking the PGA Championship record for margin of victory that Jack Nicklaus set in 1980.

"It was a great round of golf. I'm speechless," said McIlroy after hoisting the Wanamaker Trophy, the heaviest of the four majors. "It's just been incredible. I had a good feeling about it at the start. I never imagined to do this."

The 23-year-old from Northern Ireland returned to No. 1 in the world, and he became the youngest player since Seve Ballesteros to win two majors. Tiger Woods was about four months older than McIlroy when he won his second major.

Just like the U.S. Open, this one was never seriously in doubt.

McIlroy seized control with back-to-back birdies Sunday morning to complete the storm-delayed third round with a 67 and build a three-shot lead. No one got closer than two shots the rest of the way, and McIlroy closed out a remarkable week by playing bogey-free over the final 23 holes of a demanding Ocean Course.

David Lynn, a 38-year-old from England who was playing in America for the first time, won the B-flight. He closed with a 68 and was the runner-up.

Woods, who shared the 36-hole lead for the second time this year in a major, was never a serious contender. He tossed away his chances Saturday before the storm blew in and never could get closer than four shots. He closed with a 72.

If there was a signature shot for McIlroy at Kiawah Island, it might have been on Saturday when his tee shot lodged into a tree on the third hole. He only found it with help from the TV crew, took his penalty shot and fired a wedge into six feet to save par. He was on his way, and he never let up.

By winning the PGA Championship, McIlroy is halfway home to the career Grand Slam.

THE ASSOCIATED PRESS

By the numbers

8

Rory McIlroy also won last year's U.S. Open by eight shots.

Tennis

Djokovic makes it two in a row in Toronto

Novak Djokovic won his second straight Rogers Cup title and third overall with a 6-3, 6-2 victory over Richard Gasquet of France on Sunday night.

It's the top-seeded Serbian's first title since winning the ATP Masters in Miami four months back and comes exactly a week after losing a bronze-medal match at the London Games.

The victory came under clear skies at Rexall Centre in Toronto after a week of frustrating rain disruptions that forced Djokovic, among other players, to play twice on Friday and late into Saturday night.

Despite the win, he will remain ranked second in the world behind Roger Federer, who pulled out of the tournament because of a scheduling crunch with the Olympics.

Gasquet, the 14th seed at the tournament, was making his first Masters 1000 finals appearance since losing to Federer in Toronto in 2006. He's now lost to Djokovic in seven of their last eight meetings.

THE CANADIAN PRESS

Novak Djokovic serves in Toronto on Sunday. THE CANADIAN PRESS

Mobile sports

Forget the medal standings. Britain is the big winner at these Olympics with huge crowds lining glorious backdrops and athletes draped in the Union Jack. Canada's storyline is somewhat more complicated, however. Somewhere between Switzerland and Colombia, depending on how you rate success. Scan the code for the story.

CFL. Argos give top-rusher Boyd his walking papers

Leading the CFL in rushing wasn't enough to save Cory Boyd's job with the Toronto Argonauts.

The Argos made the announcement Sunday that they had released the tailback. Sophomore Chad Kackert, who has spent most of the season on the practice roster as a backup, replaces Boyd in the starting lineup.

What made the move so stunning was Boyd had run for a league-high 447 yards this season. He was on pace to end the year with over 1,300 yards.

But after rushing for 168 yards and a TD in a 36-27 loss to Hamilton on July 14, the 27-year-old Boyd had run for 130 yards combined over his last three contests, including just 23 yards on eight carries in Toronto's 18-9 home loss to B.C. on Aug. 6.

THE CANADIAN PRESS

Quoted

"Cory certainly did a lot of good things this year ... but there's more to playing tailback than numbers."

Argos head coach Scott Milanovich

NFL

Luck wastes no time in tossing first touchdown

The Colts got Luck in the NFL draft, and on Sunday's first offensive play, they got lucky again.

No. 1 overall draft pick Andrew Luck threw his first NFL pass for a long touchdown, just like Peyton Manning in 1998, then led Indianapolis to two more touchdowns. Luck one-upped his predecessor by winning Sunday's pre-season opener 38-3 over St. Louis — Indy's first preseason-opening win since 1994.

THE ASSOCIATED PRESS

CFL. Eskimos' Prude discharged from hospital

Edmonton Eskimos defensive back Ronnie Prude has been released from hospital after being taken off the field in an ambulance on Friday wearing a neck brace.

Prude was injured in the third quarter of Edmonton's 28-20 win over Saskatchewan after lowering his head to make a hit on Roughriders receiver Terence Jeffers-Harris.

Prude remained motionless on the field for several minutes before medical personnel put a neck brace on him and placed the player on a stretcher and into an ambulance that was brought on to the field.

He was immediately taken to hospital for evaluation but the good news was Prude could be seen moving his feet while receiving medical treatment on the field and did move his arms as he was being placed into the ambulance. THE CANADIAN PRESS

Playing status

- Eskimos general manager says Prude's "playing status this week will be determined by our medical and coaching staffs.
- Edmonton will host Montreal on Friday night.

The captain of Canada's women's soccer team, Christine Sinclair of Burnaby, B.C., was named the flag bearer for the closing ceremony on Sunday at the Canadian Olympic Committee closing press conference for the London Games. NEIL DAVIDSON/THE CANADIAN PRESS

Canadian Olympians give Games thumbs up

London 2012. Glowing reviews for organizers thanks to few issues and fair weather

Quoted

"We're happy we were here and we're proud to represent our country. And I couldn't be more proud to be Canadian, that's for sure." Kayaker Ryan Cochrane

The reviews are in and they're overwhelmingly positive.

Boosted by co-operative weather and few logistical, food and travel issues, several prominent Canadian athletes gave a big thumbs up to the London Games as the Olympics came to a close Sunday.

"It's been perfect," said Canadian soccer star Christine Sinclair. "No issues, the people are so friendly, everything has been so organized. It's been tremendous."

Sinclair was named Canadian flag-bearer after guiding the national women's team to a bronze medal. She also competed for Canada at the 2008 Games in Beijing.

The intense humidity, heat and smog that were a constant in China four years ago were not a problem in England. There were some showers from time to time but the fears that this would be one of the soggiest Games in history were not realized.

Athletes raved about the location of the Olympic Village, which was close to a large shopping mall, Olympic Park and several of the venues. Language, cultural differences and unfamiliar food were much less challenging compared to some of the hurdles in Beijing and at the Athens Games in 2004.

Kayaker Adam van Koeverden, who took the silver in the K-1 1,000 metres, has won medals at the last three Olympics. He said the 2012 Games were "fantastic."

"My eyes were wide open the whole time," he said. "I was just taking it all in. I'm very cognizant of the fact there are fewer great races ahead of me than there are behind me. I'm just looking forward to every single one. I want to soak them all in.

"I've got awesome memories."

His teammate, Ryan Cochrane, competed with Hugues Fournel in the K-2 200 and K-2 1,000 metres. Cochrane wasn't sure what to expect at the start of his first Games.

"It's just another race when you're here but everything else is kind of overwhelming — in a good way, most definitely," he said.

Many athletes raved of the team culture that existed in the Olympic Village and at Canada Olympic House, which was home to medal celebrations throughout the Games.

"As an experience on its own, it has been wonderful," said triathlete Simon Whitfield, who competed in his fourth Games. "London has done an incredible job. I had a huge disappointment in my race but every other moment has been amazing in London." THE CANADIAN PRESS

Marathon swimmer Richard Weinberger with his bronze medal on Friday. THE CANADIAN PRESS

Canada matches 2008 medals

Memorable moments, yes, but Canada's overall performance at the London Olympics was unexceptional.

The same number of medals won as 2008 with fewer gold and silver, while falling just outside the goal of a top-12 finish in the overall medal count was a lukewarm outcome.

That doesn't diminish the feats of Canada's medallists in London. On the biggest stage in sports, they rank among the world's best.

Eighteen medals put Canada 13th in the overall medal count, two behind Hungary and the Netherlands, who were tied for 11th. Canada finished with one gold, five silver and a dozen bronze.

The country won three gold, nine silver and six bronze at the 2008 Games to finish tied for 14th in Beijing.

The lone gold medal in 2012 is the fewest for Canada at a Summer Olympics since 1976, when the host country won zero in Montreal. Canada was the only country in the top 25 with fewer than two gold medals.

THE CANADIAN PRESS

Weekend in pictures

1 4x100 relay. Heartbreak for Canadian sprinting team

A single misplaced step cost Canada a bronze medal in one of the marquee events at the Olympics on Saturday. The Canadian team was disqualified from the final of the men's 4x100-metre relay Saturday after third-leg runner Jared Connaughton of New Haven, P.E.I., stepped on the line. Jamaica won gold in a world-record time of 36.84 seconds, the United States took silver in 37.04 and Trinidad and Tobago won bronze after Canada's disqualification. THE CANADIAN PRESS

2 Soccer. Mexico pulls off gold-medal stunner vs. Brazil

Mexico didn't need its top stars, the home crowd or rich tradition to win the Olympic gold medal in men's soccer on Saturday. The North American country did it with a team few believed would be contending at the end, a team that stunned the heavily favoured Brazilians with a goal just 29 seconds into the final on its way to a 2-1 victory. THE ASSOCIATED PRESS

3 Kayak. De Jonge finishes strong Olympics for Canadian paddlers

Canadian kayaker Mark de Jonge won bronze in the K-1 200-metre race on Saturday.

Britain's Ed McKeever, silver medallist at the world championships last year and former world champion, won gold in 36.246. Saul Craviotto of Spain won silver in 36.540, ahead of the 28-year-old from Halifax in 36.657. THE CANADIAN PRESS

4 Diving. Britain's Daley steals show with bronze win

American David Boudia took gold in the men's 10-metre platform Saturday, winning by 1.8 points over Qiu Bo of China. Crowd favourite Tom Daley of Britain settled for third but he felt like a winner, claiming bronze on home soil.

THE ASSOCIATED PRESS

Rosie MacLennan led Canada's youth movement at the London Olympics in bouncing to gold on the trampoline on Aug. 4. RONALD MARTINEZ/GETTY IMAGES

Young athletes give sneak peek of Rio

Optimism for 2016. 60 per cent of Team Canada's athletes in London made their Olympic debuts and show promise for Brazil

Whether it was Rosie MacLennan bouncing to gold on the trampoline, or Derek Drouin soaring to bronze in the high jump, youth was an underlying theme in Canada's performance at the London Olympics.

The results bode well for Rio de Janeiro four years from now, where the curtain could come up on a whole new generation of Canadian stars.

"What was so exciting was the enthusiasm of the new people at the Olympic Games," said Mark Tewksbury, Canada's chef de mission. "That kind of energy was I think really what helped us be so relentless and be consistent through the Games and get such a nice outcome at the very end."

More than 60 per cent of the athletes on the Canadian team were making their Olympic debuts, and plenty of them came up big, promising big things for Brazil.

MacLennan, a 23-year-old from King City, Ont., who worked as a volunteer at the 2010 Vancouver Winter Games, cemented her status as Canada's new trampoline star in London when she captured Canada's only gold medal.

Her Twitter followers exploded from 900 to more than 14,000.

Milos Raonic will be one to watch in Rio. The 21-year-old from Thornhill, Ont., played his way into the history books in his second-round loss to Jo-Wilfried Tsonga. It was the longest three-set tennis match in Olympic history, their third set alone lasting three hours.

Canada's track-and-field team had 35 Olympic rookies, and it was the young athletes who shone. They included Drouin, a 22-year-old from Corunna, Ont., whose bronze was Canada's first medal in high jump since Greg Joy's silver at the 1976 Montreal Games.

Meanwhile, Richard Weinberger, a 22-year-old from Victoria, outduelled the reigning world champion over the final metres of the men's 10-kilometre marathon swim race, winning bronze in an event dominated by older athletes.

THE CANADIAN PRESS

Young studs

Other young Canadian athletes to keep an eye on:

- **Paula Findlay**, 22, triathlon (from Edmonton)
- **Damian Warner**, 22, decathlon (London, Ont.)
- **Monique Sullivan**, 23, track cycling (Calgary)

'Living legend'

Rogge gets heat over 'semantic issue'

IOC President Jacques Rogge wants to set the record straight: Usain Bolt is an "active" legend and the best sprinter ever.

Rogge raised eyebrows earlier this week when he said Bolt needed to prove his greatness over more than two Olympics before achieving his self-proclaimed status of "living legend."

On Sunday, Rogge relented a bit and came up with a different wording for the six-time gold medallist.

"I mean this is purely a semantic issue," he said. "Let me finalize this issue as follows: To say that Usain Bolt is an active performance legend, he is an icon, he is the best sprinter of all time."

Bolt won the 100 and 200 metres at the London Olympics, becoming the first athlete to sweep both events at consecutive games, and anchored the Jamaican team to a world record in the 4x100-metre relay.

Jacques Rogge GETTY IMAGES

After the relay, Bolt said: "The next time you see him (Rogge) I think you need to ask him what Usain needs to do that no human man has ever done." THE ASSOCIATED PRESS

Final results

MEDAL STANDINGS

Final following 302 total medal events

Nation	G	S	B	Total
United States	46	29	29	104
China	38	27	22	87
Russia	24	25	33	82
Britain	29	17	19	65
Germany	11	19	14	44
Japan	7	14	17	38
Australia	7	16	12	35
France	11	11	12	34
South Korea	13	8	7	28
Italy	8	9	11	28
Netherlands	6	6	8	20
Ukraine	6	5	9	20
Canada	**1**	**5**	**12**	**18**
Hungary	8	4	5	17
Spain	3	10	4	17
Brazil	3	5	9	17
Cuba	5	3	6	14
Kazakhstan	7	1	5	13
New Zealand	5	3	5	13
Belarus	3	5	5	13
Iran	4	5	3	12
Jamaica	4	4	4	12
Kenya	2	4	5	11
Czech Republic	4	3	3	10
Azerbaijan	2	2	6	10
Poland	2	2	6	10

WHAT CANADA DID

On the weekend at the 2012 London Olympics

SUNDAY

ATHLETICS

Men's marathon — Dylan Wykes of Kingston, Ont., completed the 42-kilometre circuit in two hours 15 minutes 26 seconds to place 20th; Eric Gillis, Antigonish, N.S., was 22nd (2:16:00); and Reid Coolsaet, Hamilton, 27th (2:16:29).

CYCLING (MOUNTAIN)

Men's cross country — Geoff Kabush of Courteney, B.C., traversed the course in 1:30:43 to rank eighth — 71 seconds behind the bronze medallist; Max Plaxton, Victoria, did not finish.

MODERN PENTATHLON

Women — Melanie McCann of Mount Carmel, Ont., placed 11th overall in the event with 5,180 points; Donna Vakalis, Toronto, was 29th (4,828).

WRESTLING (FREESTYLE)

Men's 66-kilogram class — Haislan Garcia, Coquitlam, B.C., won his round-of-16 bout by points over Zalimkhan Yusupov of Tajikistan (2-0, 0-2, 2-0); was defeated in the quarter-finals by Tatsuhiro Yonemitsu, Japan (0-1, 1-0, 5-0); then eliminated with a loss in the repechage to Livan Lopez Azcuy of Cuba (1-0, 0-1, 1-0).

Men's 96-kilogram class — Khetag Pliev, Toronto, won his opening match over Javier Cortina Lacerra of Cuba (0-2, 2-2, 1-0); lost to Jacob Varner, U.S., in the quarter-finals (1-0, 1-0); and fell short in the repechage round to Kurban Kurbanov of Uzbekistan (1-0, 4-1).

CLOSING CEREMONIES

Christine Sinclair of Burnaby, B.C., who scored a tournament-best six goals — including all three in a 4-3 semifinal loss to the U.S. — in leading the women's soccer team to a bronze medal was chosen to carry the Canadian flag.

OVERALL

The 2012 team finished with eighteen (one gold, five silver, 12 bronze) to match the third-most medals won by Canada in a summer games (Barcelona, 1992, and Beijing, 2008). Rosannagh MacLennan of King City, Ont., earned the gold medal in women's trampoline.

SATURDAY

ATHLETICS

Men's 4x100 relay — Canada (Gavin Smellie, Brampton, Ont.; Oluseyi Smith, Ottawa; Jared Connaughton, New Haven, P.E.I.; and Justyn Warner, Markham, Ont.) initially won the bronze medal in 38.07 seconds but was disqualified moments later when Connaughton was called for stepping on the lane marker.

Men's 5,000 — Cameron Levins, Black Creek, B.C., finished in 14th place (13:51.87).

Women's 20-kilometre race walk — Rachel Seaman, Peterborough, Ont., placed 52nd in the event (1:37:36).

CANOE/KAYAK

CANOE

Men's singles 200 — Jason McCoombs of Dartmouth, N.S., placed fifth in the B-final (44.973; 13th overall).

KAYAK

Men's singles 200 — Mark de Jonge of Dartmouth, N.S., won the bronze medal with a time of 36.657 in a race where the top six competitors finished within 0.584 seconds of each other.

Men's doubles 200 — Ryan Cochrane, Windsor, N.S., and Emilie Fournel, Lachine, Que., were seventh in the final (35.396).

CYCLING (MOUNTAIN BIKE)

Women's cross country — Catharine Pendrel, Kamloops, B.C., was ninth (1:34:28); Emily Batty, Brooklin, Ont., was 24th (1:40:37).

DIVING

Men's 10-metre platform — Riley McCormick, Victoria, finished 11th in the final with a score of 493.35 points.

TAEKWONDO

Men's 80-plus kilograms — Francois Coulombe-Fortier, Quebec City, failed to advance following a 11-6 loss in the quarter-finals to Daba Modibo Keita of Mali.

WRESTLING (FREESTYLE)

Men's 120-kilogram class — Arjan Bhullar, Richmond, B.C., was eliminated after losing his round-of-16 match to Komeil Ghasemi of Iran, by points (1-0, 1-0).

BASKETBALL

MEN

Sunday's results
GOLD MEDAL
United States 107 Spain 100
BRONZE MEDAL
Russia 81, Argentina 77

WOMEN

Saturday's results
GOLD MEDAL
U.S. 86 France 50
BRONZE MEDAL
Australia 83 Russia 74

SOCCER

MEN

Saturday's result
GOLD MEDAL
Mexico 2 Brazil 1

VOLLEYBALL

MEN

Sunday's results
GOLD MEDAL
Russia 3, Brazil 2 (19-25, 20-25, 29-27, 25-22, 15-9)
BRONZE MEDAL
Italy 3, Bulgaria 1 (25-19, 23-25, 25-22, 25-21)

WOMEN

Saturday's results
BRONZE MEDAL
Japan 3, South Korea 0 (25-22, 26-24, 25-21)
GOLD MEDAL
Brazil 3, United States 1 (11-25, 25-17, 25-20, 25-17)

WATER POLO

MEN

Sunday's results
GOLD MEDAL
Croatia 8 Italy 6
BRONZE MEDAL
Serbia 12 Montenegro 11
FIFTH PLACE
Hungary 14 Spain 8
SEVENTH PLACE
Australia 10 United States 9

Read metro your money every Tuesday for financial tips, trends and advice.
Only in Metro. News worth sharing.

Basketball. U.S. reclaims Olympic crown vs. Spain

This was no Dream Team. This was reality.

The gold medal was in doubt for the U.S. men's basketball team.

The Americans led Spain by only one point after three quarters, a back-and-forth, impossible-to-turn-away-from game that almost anyone would hope for in an Olympic final.

Especially, it turns out, the U.S. players.

"We knew it wasn't going to be easy. We didn't want it easy," LeBron James said. "A lot of teams have won gold easy. We didn't want it that way. We're a competitive team, and we love when it gets tight. That's when our will and determination kind of shows. It was the same way in '08."

Same result, too.

The Americans defended their title Sunday by fighting off another huge challenge from Spain, pulling away in the final minutes for a 107-100 victory and their second straight Olympic championship.

And just like 2008, the star-studded Americans had to work for this one.

The London 2012 daily magazine proclaimed them "the new Dream Team" in an article, but the real Dream Team never had a game like this 20 years ago in Barcelona.

"Everybody wants to make that comparison, but at the end of the day we're both wearing these," forward Kevin Love said, pulling on his gold medal. "That's pretty good."

Kevin Durant scored 30 points and James had 19 on a day he joined Jordan as the only players to win the NBA title, regular-season MVP, NBA finals MVP and Olympic gold in the same year.

Pau Gasol scored 24 points and Juan Carlos Navarro had 21 for Spain.

THE ASSOCIATED PRESS

Quoted

"It was a good year. It was a great year for me as an individual. But this right here, it means more than myself.... It means everything to the name on the front."

LeBron James, who added a second gold medal to his resumé on Sunday, just a couple months after winning his first NBA championship.

Horoscopes

♈ Aries
March 21 - April 20
Someone you love will be a bit touchy today, and for no apparent reason. The good news is their negative attitude won't last long – in fact, by the time the sun goes down they will be all over you again.

♉ Taurus
April 21 - May 21
For some strange reason you are reluctant to make the kind of decision that usually comes so easily to you. You may not know why you are suddenly so timid but, for the moment, it's the right thing to be.

♊ Gemini
May 22 - June 21
Are you living beyond your means? If so today's lunar eclipse of Venus, planet of value, in the money area of your chart will help you see where you need to make savings. It shouldn't be too traumatic.

♋ Cancer
June 22 - July 23
There are times when your feelings build up to such an extent that you have to let them out, and such a time is now. Whether they come out in a positive or a negative way is though a matter of choice.

♌ Leo
July 24 - Aug. 23
Go easy on yourself today, especially if something does not work out the way you expected. It's not the end of the world – in fact if you analyze what happens you will make success next time more likely.

♍ Virgo
Aug. 24 - Sept. 23
You may be angry that you made a bad decision but you are human like everyone else, so don't be too hard on yourself. Use this setback to motivate yourself to try again. There's always a next time.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, is eclipsed by the moon today, which means you will have to make a conscious effort not to get emotional. Also, don't be judgmental when dealing with people whose way of life you don't approve of.

♏ Scorpio
Oct. 24 - Nov. 22
You will be confronted by some kind of injustice today and you will have to decide whether to get personally involved. Chances are you will. You just can't stand to see unfairness triumph.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets warn that someone, somewhere is trying to deceive you. The fact that this is a person you trust implicitly makes the situation doubly dangerous. Be on your guard.

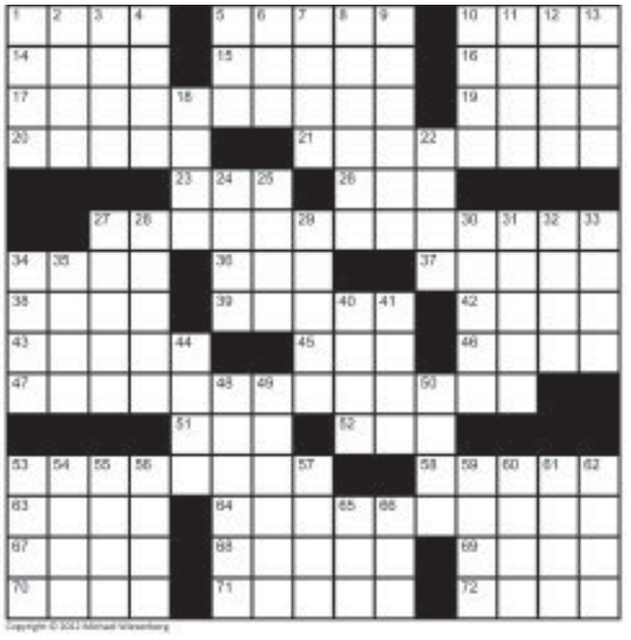
♑ Capricorn
Dec. 22 - Jan. 20
Where money is concerned there can be no room for sentiment or personal feelings today, because that will put you at a disadvantage. Whatever decisions you make they must be based on logic and common sense only.

♒ Aquarius
Jan. 21 - Feb. 19
Refuse to get upset if things don't go your way. Yes, of course, it's unfair that you are struggling when others have got it easy but these things run in cycles.

♓ Pisces
Feb. 20 - March 20
Don't give ground on an issue that is causing you a lot of grief because there is a principle at stake here. Others do not have the right to demand that you embrace their values. Remind them of that fact — loudly.
SALLY BROMPTON

Crossword: Olio

BY MICHAEL WIESENBERG



Across
1. Croat neighbor
5. Deep-voiced opera singer
10. Canadian force
14. Industry mogul
15. Emulate 39-Across
16. "The low-priced spread"
17. Montréal-based 2011 Juno Album of the Year winner (2 wds)
19. See 39-Across
20. Actor George who played Mr. Sulu on Star Trek
21. It became a province in 1949, and quit having a separate name in 2001
23. ___-mo: video effect
26. Leading dye brand
27. Montréal-born jazz pianist who wrote "Canadiana Suite" (2 wds)
34. 30-day mo.
36. Many a CEO's deg.
37. Flour might go through it
38. Adjective for babies and puppies
39. With 19-Across, "Catch a Falling Star" singer, 1958
42. Police crisis team acronym
43. Operatic solos
45. Also
46. Slippery fish
47. Montréal-born hockey great Maurice (2 wds)
51. Wide shoe size
52. [Help!]
53. Annual Calgary event
58. Online loan source
63. Opera set on 61-Down
64. Maritime Province (2 wds)
67. Bird food
68. Cuts with scissors, as a coupon
69. Idiot
70. Orson Welles's Citizen ___
71. Barks
72. Olympic fencer's weapon

Down
1. "Shoo!"
2. Poet ___ Pound
3. Adjustable oven feature
4. Scottish hillside
5. Letters used in dating
6. Bark in the comics
7. Make dirty
8. "And what is ___ as a day in June?" (2 wds)
9. 0 or 1 to a programmer (2 wds)
10. Almond ___: toffee candy
11. Blockhead
12. Short note
13. Destitute
18. Computer storage
22. These are found on maps: abbr.
24. Rub one for a genii
25. "Be he alive ___ he dead": "Fe Fi Fo Fum" (2 wds)
27. Eye nerve
28. Chateaubriand
29. ___ Québécois
30. Step part
31. Did needlepoint
32. Racetrack shape
33. Takes home, as salary
34. Wound result, sometimes
35. 100 cents, overseas
40. Mythical birds
41. National Park just across Alberta-BC border from Banff
44. Barely flow
48. Itsy-bitsy
49. Decorated anew
50. "Be with you in ___!" (2 wds)
53. Alta. neighbor
54. "___ Yellow Ribbon Round the Ole Oak Tree" (2 wds)
55. Mideast Gulf
56. Fashioned
57. Badness
59. Be ominous
60. On
61. World's longest river
62. Actress Hudson or Winslet
65. "Killer" PC program
66. Air leak sound

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2			8		1			7
	5		3		9		6	
		8				5		
		9	2		5	3		
3								1
		4	1		6	9		
		1				6		
	4		5		8		2	
8			9		7			4

Friday's Sudoku

Sharability

easy hard

There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at **metropolitanpanel.com,** choose your country and join the global conversation!
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